



Emotional Consciousness

“Qalb-e-Saleem”

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Definition

- Emotional consciousness is described as an ability to know and harness emotions.
- Emotions can have positive influence on our actions or be a source of destruction, depending on how we manage them.

Tribute

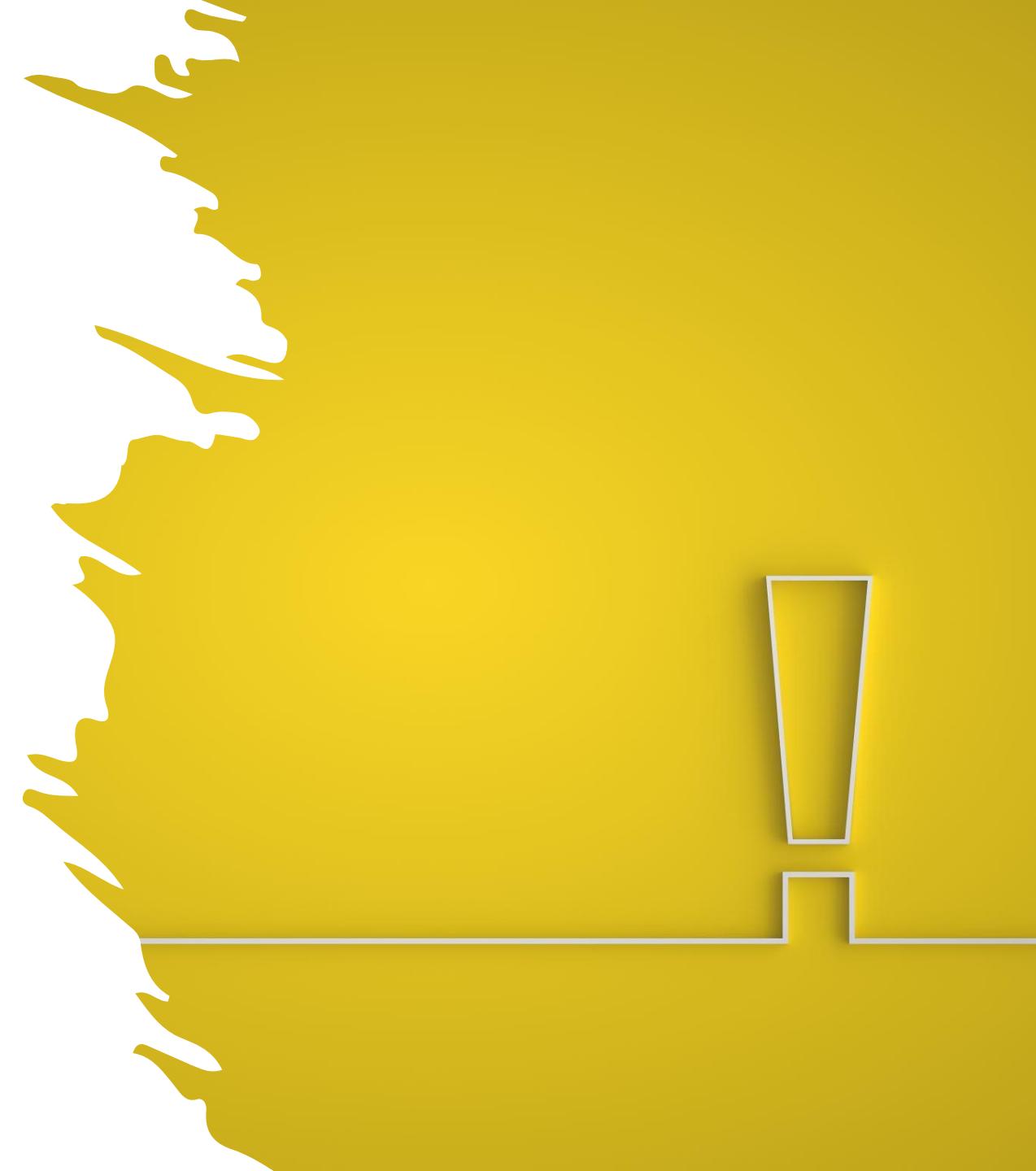


Prof. Daniel Goleman was the first to have conducted research on Emotional Quotient and was able to unlock its meaning

Context

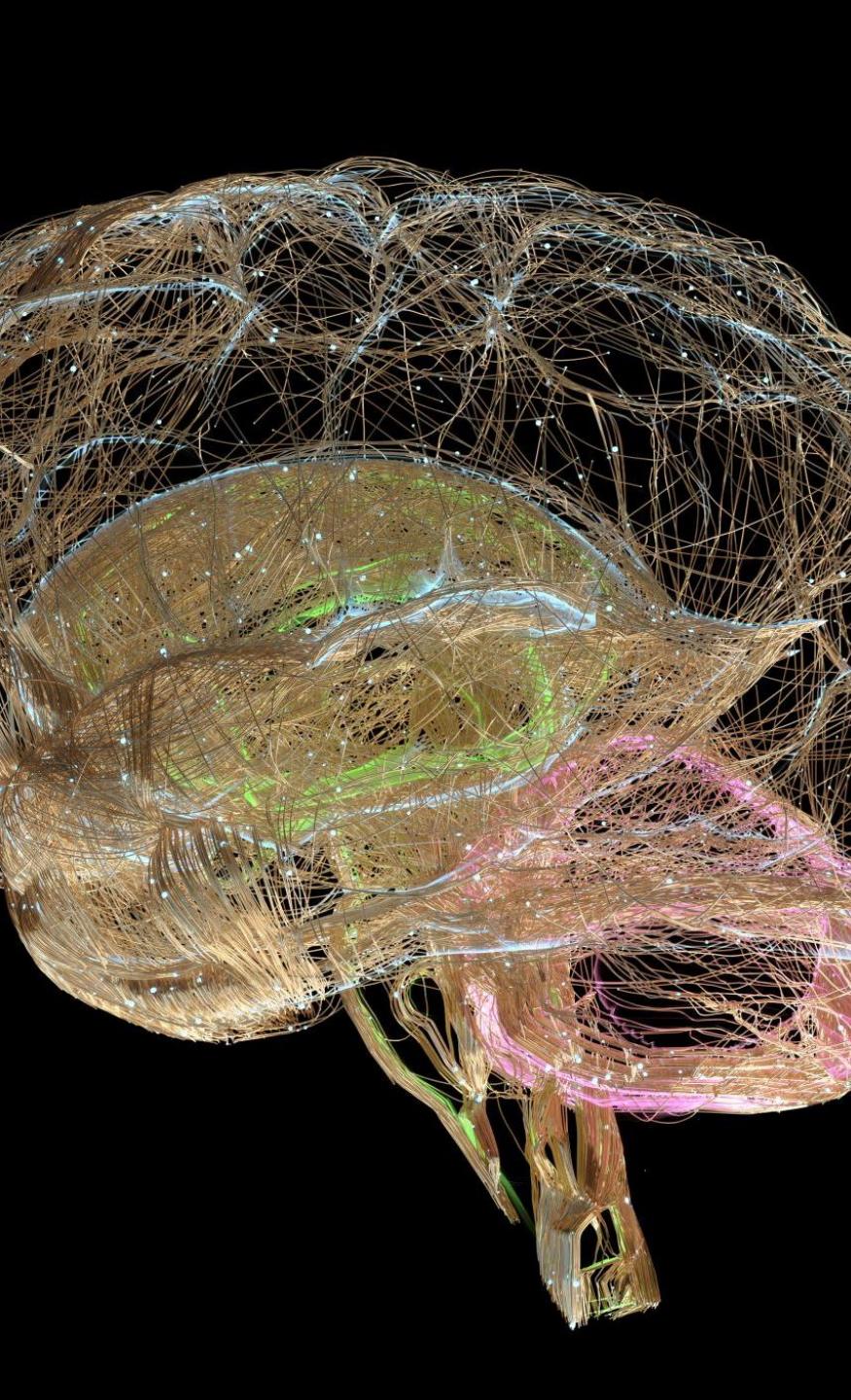
Sura Al Asr

- ❑ (Almighty bears witness) By time,
- ❑ Indeed, mankind is in loss,
- ❑ Except for those who have faith (accept truth) and do righteous deeds and advise each other to “*Emaan*” and advise each other to “*Sabaar*”.



The Heart and Mind

- The Quran suggests that heart controls the mind.
 - The heart is the seat of Faith, Hope, Values, Ego, Impulse, Bias, Feelings, Anger, Enmity, etc.
 - A healthier heart (*Qalb-e-Saleem*) empowers the mind to function wisely.
 - A rusted heart (*Qalb-e-Kufur*) causes dysfunctional influence on the mind.



The Scientific View

- The locus of study of science is the mind alone. Accordingly;
 - Mind was identified into two segments, namely; the Primitive Brain and Cognitive Brain
 - Primitive brain is said to be the seat of impulsive (emotional) actions. Its response is spontaneous and less thoughtful.
 - Cognitive brain in contrast analyzes the information with reference to given knowledge, before deciding a response. The response is delayed and is likely to be more controlled

Emotional Skills

- Emotional consciousness has following dimensions...
 - Ability to believe in the unseen
 - To believe in the future
 - Ability to delay gratification
 - To delay response
 - Ability to always uphold “Hope”
 - To see light at the end of a tunnel





Experiment

- The design - The subjects were identified at their early ages using the EQ concept, then their behaviors were followed for over 30 years into their lives.
- The experiment – Randomly selected Kindergarten children were given some candies and they were asked that they may eat all of them at once. But if they don't eat them, they will get more candies next day.
 - Quite a few children eat them, as expected.
 - A few saved the candies in a hope to get more the next day.
 - The latter group were the actual subjects of research.

Emotional Skills

- Following emotional skills were noted during the initial experiment and confirmed subsequently through out their careers of the subject children, which enabled them to succeed in their lives; -
 - They believed in him – “Emaan”
 - They voluntarily did not eat candies – “Taqwah”
 - They had a hope for getting extra candies the next day – “Sabaar”





Implications

- Examples abound of low emotional conscious persons, who did not unleash their potentials; refused to do struggle; driven by greed and lost their moral compass. All because of: -
 - Lack of faith (Disbelief)
 - Impulsive and lack of self-restraint
 - Pessimistic outlook and lack of hope for a better future

Self Learning

- Give yourself an experience of; -
 - Working with faith,
 - Keeping hope,
 - Learning to trust,
 - Living with contentment,
 - Self discipline, saying no to impulsive vibes
 - Staying away from the company of toxic persons,



A white puzzle board with several white pieces interlocked. In the center, there is a single, large red puzzle piece that stands out from the rest.

Time to Harness

- Organizations have significant influence on emotional consciousness of an individual; it can build it or break it.
 - Filter individuals for high emotional consciousness while selecting or promoting an employee
 - Maintain healthy work policies and system to encourage high emotional consciousness
 - Exercise zero tolerance for impulsive decisions and lack of emotional restraint
 - Role model

A close-up photograph of a person's hands holding an open book. The hands are positioned to turn the pages, with fingers visible on the left page and thumb on the right. The book is open to a double-page spread, showing two facing pages of text. The background is dark, making the white pages stand out.

Thank you for reading